

# COURSE OUTLINE SAMPLE

## **Aging and Elder Abuse**

### **I. Instructors:**

- A. Mary Smith, MSN, RN, CS, Psychiatric Liaison
- B. John Doe, L.C.S.W., Clinical Social Worker (Please see enclosed resumes.)

### **II. Course Description:**

This six-hour course meets requirements toward the 40-hour recertification program required for board and care operators. Presenters will discuss the normal psychodynamic aspects of aging, including particular issues relevant to the board and care resident's social environment. In discussing cognitive impairment, they will focus on the confused older adult with concomitant mental illness and appropriate intervention to maintain a safe board and care environment. The second part of the course will focus on definitions of elder abuse, how to recognize warning signs of elder abuse, and reporting laws.

### **III. Course Objectives:**

- By the end of the course, participants will be able to:
- Identify normative changes, which are part of the middle and older adult's aging process.
- Describe how the aging process may alter the mentally ill resident's psychosocial presentation.
- List behaviors that would indicate that a resident is experiencing delirium or dementia.
- Describe at least 3 environmental and 3 interpersonal interventions to ensure safety and reduce problem behaviors for these residents with cognitive impairment.
- Describe what elder abuse is
- Identify warning signs for each type of abuse.
- Describe some characteristics of both abusers and victims.
- State reporting laws and procedures.

### **IV. Teaching Methods:**

Teaching methods include didactic presentation with the use of overheads and slides as visual aids, and a video tape as well as group discussion. There will be several question and answer periods involving case examples. Handouts will be given to participants for their use in class as well as afterwards.

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## V. Course Content:

(Opening Activities 8:00 to 8:15 a.m.)

- A. Introduction of Program (Presenters)
  - 1. Introduction of Continuing Education Program
  - 2. Introduction of presenters

### B. Course Overview

(Part I 8:15 to 10:00 a.m.)

- C. Middle and Older Adult Years (Mary Smith)
  - 1. Normal phase of life issues
  - 2. Normal cognitive changes
  - 3. Coping mechanisms

(Part II 10:00 to 10:30 a.m.)

- D. Aging and Mental Illness: Related Behaviors (Mary Smith)
  - 1. The paranoia continues
  - 2. Pseudo Hallucinations
- E. The Resident who is Cognitively Impaired (Mary Smith)
  - 1. Delirium vs. Dementia
  - 2. Mood and personality changes
  - 3. Loss of executive functions
  - 4. Behavioral responses related to impairments
  - 5. Excerpts for Driving Miss Daisy and discussion
  - 6. Interventions
    - a. Environment – Reordering the residents physical space
    - b. Interpersonal – Sequencing steps, shaping behaviors and providing constancy in social contacts

BREAK 10:30 to 10:45

(Part III- 10:45 to 12:45)

- A. DEFINITIONS OF ELDER ABUSE (John Doe)
  - 1. Elder and dependent adult as defined by W&I Code
  - 2. Types of abuse
    - A. Physical abuse
    - B. Emotional or Psychological abuse
    - C. Neglect
    - D. Abandonment

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- E. Financial or Material exploitation
- F. Self neglect

## B. EXTENT OF THE PROBLEM

(John Doe)

1. Description of the 1996 National Elder Abuse Incidence Study (NEAIS)
  - A. Overview of results
  - B. Reported vs. non-reported rates of abuse
  - C. Frequency for each type of abuse
  - D. Characteristics of Victims
  - E. Characteristics of Abusers
  - F. Why does elder abuse occur?
  - G. Unanswered questions and future research

BREAK 12:45 to 1:00 p.m.

(Part IV- 1:00 to 1:30 p.m.)

## C. WARNING SIGNS OF ABUSE

(John Doe)

1. Signs of Physical abuse
2. Signs of Neglect
3. Signs of Fiscal abuse
4. Signs of Abandonment
5. Signs of Sexual abuse
6. Signs of Self-neglect

## D REPORTING LAWS

(John Doe)

1. W&I 5654
2. Mandated reporters
3. Reporting procedures
4. Local resources, i.e. AAA, FAST team, APS

## E. CASE EXAMPLES AND DISCUSSION

(John Doe)

(PART V 1:30 TO 2:00 p.m.)

## F. SUMMATION WITH QUESTION AND ANSWER PERIOD (Presenters)

## G. POST-TEST AND EVALUATION

(Presenters)

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## **VI. Method of Course Evaluation by Participants:**

At the end of the course, participants will have the opportunity to evaluate the course as a whole, as well as the individual instructors. Please see the enclosed evaluation sheet.

## **VII. Method of Evaluating Participants:**

Participants learning will be assessed through the use of a pre- and post-test. The quiz will be distributed at registration and participants will be asked to complete it prior to the start of the course sessions. Following the didactic course presentations, participants will be asked to complete the post-test. A discussion will then be held regarding participants' responses. Please see the enclosed assessment form.

## **VIII. Records Maintained:**

1. Copies of course outlines
2. Course handouts
3. Copies of course overheads
4. Course sign-in sheets
5. Course evaluations and pre-and -post tests
6. Advertisements for course
7. Course approvals

## **IX. Location Area of Course:**

General Hospital, San Francisco, CA